

CLASS – V	TEXTBOOK: KHEL YATRA	SUBJECT: PHYSICAL EDUCATION AND WELL BEING
S.No	Month	Name of chapter / Topic covered
1	APRIL	BRIDGE COURSE
2	MAY	Unit-1 Ch-1 Throwing and Catching
3	JUNE	Unit-2 Our Games-Nadan Panthu Kali
4	JULY	Unit-3 Yoga-Hasta Mudra
5	AUGUST	Unit-1 Chapter-2 Kicking and Receiving Unit-3 Yoga for Daily Life
6	SEPTEMBER	Unit-1 Ch-3 Strike the Object Unit-3 Karma Yoga
7	OCTOBER	Unit-2 Local & Traditional Games-I Unit-3 Yoga Sadhana
8	NOVEMBER	MINI SPORTS DAY
9	DECEMBER	Unit-1 Ch-4 Little Steps Unit-3 Yoga for Daily life Relaxation Technique
10	JANUARY	Unit-2 Local & Traditional Games-II
11	FEBRUARY	Practical Assessment
12	MARCH	REVISION AND ASSESMENT